

# Katherine Elizabeth Schaumberg, Ph.D.

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University of Wisconsin - Madison  
Department of Psychiatry

## PROFESSIONAL HISTORY AND EDUCATION

<b>Assistant Professor (Tenure-Track)</b> University of Wisconsin – Madison Department of Psychiatry	06/2021-present Madison, WI
<b>Assistant Professor (Clinical Health Sciences)</b> University of Wisconsin – Madison Department of Psychiatry	09/2018-06/2021 Madison, WI
<b>T32 Fellowship - Eating Disorders Research</b> University of North Carolina School of Medicine Center of Excellence for Eating Disorders	09/2016-07/2018 Chapel Hill, NC
<b>Postdoctoral Fellowship - Obesity Research and Treatment</b> Drexel University Laboratory for Innovations in Health-Related Behavior Change	08/2014-08/2016 Philadelphia, PA
<b>Ph.D., Clinical Psychology</b> University at Albany, State University of New York	08/2014 Albany, NY
<b>Clinical Psychology Pre-doctoral Internship</b> University of Mississippi Medical Center G.V. (Sonny) Montgomery Veteran’s Affairs Medical Center	06/2013-06/2014 Jackson, MS
<b>B.A., Psychology</b> Trinity University	05/2007 San Antonio, TX

## GRANTS AND AWARDS

### CURRENT SUPPORT

<b>K01MH123914, Schaumberg (PI)</b> <i>Driven exercise and risk for eating disorders: A combined genetic and longitudinal epidemiological investigation</i> Costs: \$768,000	06/01/2020-05/31/2024
<b>R21MH127233, Schaumberg/Gorrell (MPIs)</b> <i>Assessment of acute response to exercise in restrictive eating disorders</i> Costs: \$450,488	08/01/2023-07/31/2025
<b>Wisconsin Alumni Research Foundation, Schaumberg (PI)</b> <i>TeenGrowth: Individualized Body Weight Prediction for Eating Disorder Screening and Treatment</i> Costs: \$30,000	02/01/2023-01/31/2025

### PENDING APPLICATIONS

<b>National Eating Disorders Association, Schaumberg (PI)</b> <i>Development of a weight history interview to clarify target weights in eating disorder recovery</i>	Letter of intent submitted 10/2023
<b>R01MH128370, Szatkiewicz/Micali/Schaumberg (MPIs)</b> <i>Integrating developmental and genomic approaches to identify early trajectories of eating and internalizing disorder symptoms</i>	Submitted: 7/2023
<b>R01MH156111, Schaumberg (PI)</b> <i>Utilizing body mass index deviations to predict eating disorder symptoms in youth</i>	Submitted: 6/2023

### COMPLETED RESEARCH SUPPORT

<b>Virginia Horne Henry Fund for Women’s Physical Education and Movement, Schaumberg (PI)</b>	05/01/2020-07/31/2022
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Clarifying exercise-related risk among girls and young women with eating disorders

Costs: \$37,000

**NIH Loan Repayment Award, Schaumberg (PI)**

09/01/2019-09/01/2022

*Specifying phenotypic associations and genetic risk for driven exercise in eating disorders*

**R01MH112443, Stice (PI)**

01/01/2018-01/01/2021

*Implementation Support for Prevention Program Delivery by College Peer Educators*

Role: Consultant

**R21MH109917, Zerwas/Micali (Co-PIs)**

09/01/17-07/17/18

Role: Postdoctoral Fellow

*Polygenic and trans-diagnostic risk for anorexia nervosa and obsessive-compulsive disorder: Novel associations with emotional, behavioral, and cognitive dysfunction in a population-based cohort.*

**T32MH076694, Bulik (PI)**

09/01/16-08/31/17

Role: Postdoctoral Fellow

*Postdoctoral Research Training in Eating Disorders*

**R01DK100345, Butryn (PI)**

08/11/14-08/12/16

Role: Postdoctoral Fellow

*An Innovative, Physical Activity-Focused Approach to Weight Loss Maintenance*

**Blanchard Dissertation Award**

01/01/12-06/01/14

**Initiatives for Women Grant**

**Graduate Initiative Grant**

**CRC Health, Inc**

Role: Principal Investigator

*Effects of Participation as a Leader in Immersion Weight Loss Treatment*

**R01AA015553, Morgenstern (PI)**

06/01/07-06/01/09

Role: Research Coordinator

*Naltrexone and Cognitive Behavioral Therapy for Problem Drinking*

**ADDITIONAL AWARDS**

**Chair's Choice Award**

2021

Society of Biological Psychiatry

**Blanchard Dissertation Award**

2014

University at Albany – State University of New York

**PUBLICATIONS**

**PEER-REVIEWED JOURNAL PUBLICATIONS (N = 60; 23 first/senior author)**

1. **Schaumberg, K.**, Bulik, C. M., & Micali, N. (2023). Patterns of maladaptive exercise behavior from ages 14-24 in a longitudinal cohort. *J Child Psychol Psychiatry*, 10.1111/jcpp.13844. Advance online publication. <https://doi.org/10.1111/jcpp.13844>
2. Wons, O., Lampe, E., Patarinski, A. G., **Schaumberg, K.**, & Juarascio, A. (2023). Change in adaptive and maladaptive exercise and objective physical activity throughout CBT for individuals with eating disorders. *Eat Weight Disord*, 28(1), 40. <https://doi.org/10.1007/s40519-023-01566-z>
3. Wons, O., Lampe, E., Patarinski, A. G., **Schaumberg, K.**, Butryn, M., & Juarascio, A. (2022). Perceived influence of wearable fitness trackers on eating disorder symptoms in a clinical transdiagnostic binge eating and restrictive eating sample. *Eat Weight Disord*, 27(8), 3367–3377. <https://doi.org/10.1007/s40519-022-01466-8>
4. Gorrell, S., Cohen, S., **Schaumberg, K.**, Anderson, L. M., & Reilly, E. E. (2023). Open Science in eating disorders: Using current evidence to inspire a plan for increasing the transparency of our research. *Int J Eat Disord*, 56(5), 925–932. <https://doi.org/10.1002/eat.23893>
5. Yilmaz, Z., **Schaumberg, K.**, Halvorsen, M., Goodman, E. L., Brosos, L. C., Crowley, J. J., ... Zerwas, S. C. (2022). Predicting eating disorder and anxiety symptoms using disorder-specific and transdiagnostic polygenic scores for anorexia nervosa and obsessive-compulsive disorder. *Psychol Med*, 1–15. <https://doi.org/10.1017/S0033291721005079>
6. **Schaumberg, K.**, Robinson, L., Hochman, A., Micali, N. (2022). Prospective associations between driven exercise and other eating disorder behaviors in adolescence: A longitudinal cohort study. *J Adolescent Health*.

7. **Schaumberg, K.**, Peters, D., Ahrenholtz, R., Crombie, K. M., Zhang, R., & Gorrell, S. (2021). Registered report: A pilot investigation of acute exercise response among girls and young women with and without eating disorders. *The International Journal of Eating Disorders*. <https://doi.org/10.1002/eat.23587>
8. Burke, N. L., Schaefer, L. M., Karvay, Y. G., Bardone-Cone, A. M., Frederick, D. A., **Schaumberg, K.**, Klump, K. L., Anderson, D. A., & Thompson, J. K. (2021). Does the tripartite influence model of body image and eating pathology function similarly across racial/ethnic groups of White, Black, Latina, and Asian women?. *Eating Behaviors*, 42, 101519. <https://doi.org/10.1016/j.eatbeh.2021.101519>
9. Reilly, E. E., Bohrer, B., Sullivan, D., Essayli, J. H., Farrell, N. R., Brown, T. A., Gorrell, S., Anderson, L. M., Cooper, M., C Schreyer, C., Olesnycky, O., Peros, O., & **Schaumberg, K.** (2021). Registered report: Initial development and validation of the eating disorders safety behavior scale. *The International Journal of Eating Disorders*, 10.1002/eat.23479. <https://doi.org/10.1002/eat.23479>
10. **Schaumberg, K.**, Reilly, E. E., Gorrell, S., Levinson, C. A., Farrell, N. R., Brown, T. A., Smith, K. M., Schaefer, L. M., Essayli, J. H., Haynos, A. F., & Anderson, L. M. (2021). Conceptualizing eating disorder psychopathology using an anxiety disorders framework: Evidence and implications for exposure-based clinical research. *Clinical Psychology Review*, 83, 101952. <https://doi.org/10.1016/j.cpr.2020.101952>
11. **Schaumberg, K.**, Zerwas, S. C., Bulik, C. M., Fiorentini, C., & Micali, N. (2020). Prospective associations between childhood social communication processes and adolescent eating disorder symptoms in an epidemiological sample. *European Child & Adolescent Psychiatry*, 10.1007/s00787-020-01655-9. <https://doi.org/10.1007/s00787-020-01655-9>
12. Richson, B. N., Forbush, K. T., **Schaumberg, K.**, Crosby, R. D., Peterson, C. B., Crow, S. J., & Mitchell, J. E. (2020). Are the Criterion B binge-eating symptoms interchangeable in understanding binge-eating severity? An item response theory analysis. *The International Journal of Eating Disorders*, 53(12), 1983–1992. <https://doi.org/10.1002/eat.23383>
13. **Schaumberg, K.**, Wonderlich, S., Crosby, R., Peterson, C., Le Grange, D., Mitchell, J. E., Crow, S., Joiner, T., & Bardone-Cone, A. M. (2020). Impulsivity and anxiety-related dimensions in adults with bulimic-spectrum disorders differentially relate to eating disordered behaviors. *Eating Behaviors*, 37, 101382. <https://doi.org/10.1016/j.eatbeh.2020.101382>
14. Weaver, S. S., Kroska, E. B., Ross, M. C., Sartin-Tarm, A., Sellnow, K. A., **Schaumberg, K.**, Kiehl, K. A., Koenigs, M., & Cisler, J. M. (2020). Sacrificing reward to avoid threat: Characterizing PTSD in the context of a trauma-related approach-avoidance conflict task. *Journal of Abnormal Psychology*, 129(5), 457–468. <https://doi.org/10.1037/abn0000528>
15. Juarascio, A., Manassee, S., Clark, K. E., **Schaumberg, K.**, Kerrigan, S., Goldstein, S., Evans, B., Wyckoff, E., Murray, H. B., & Forman, E. (2020) Understanding the overlap and differences in terms describing patterns of maladaptive avoidance and intolerance of negative emotional states. *Personality and Individual Differences*. 109859. <https://doi.org/10.1016/j.paid.2020.109859>
16. **Schaumberg, K.**, Brosco, L. C., Lloyd, E. C., Yilmaz, Z., Bulik, C. M., Zerwas, S. C., & Micali, N. (2020). Prospective associations between childhood neuropsychological profiles and adolescent eating disorders. *European Eating Disorders Review*, 28(2), 156–169. <https://doi.org/10.1002/erv.2721>
17. Smith, K. E., **Schaumberg, K.**, Reilly, E. E., Anderson, L. M., Schaefer, L. M., Dvorak, R., Crosby, R. D., & Wonderlich, S. A. (2021). The ecological validity of trait-level rumination measures among women with binge eating symptoms. *Eating and weight disorders*, 26(1), 181–190. <https://doi.org/10.1007/s40519-019-00838-x>
18. Scharmer, C., Gorrell, S., **Schaumberg, K.**, & Anderson, D. (2020). Compulsive exercise or exercise dependence? Clarifying conceptualizations of exercise in the context of eating disorder pathology. *Journal of Clinical Sport Psychology*, 46, 101586.
19. Hübel, C., Yilmaz, Z., **Schaumberg, K.**, Breithaupt, L., Hunjan, A., Horne, E., García-González, J., O'Reilly, P. F., Bulik, C. M., & Breen, G. (2019). Body composition in anorexia nervosa: Meta-analysis and meta-regression of cross-sectional and longitudinal studies. *The International Journal of Eating Disorders*, 52(11), 1205–1223. <https://doi.org/10.1002/eat.23158>
20. Hazzard, V. M., Schaefer, L. M., **Schaumberg, K.**, Bardone-Cone, A. M., Frederick, D. A., Klump, K. L., Anderson, D. A., & Thompson, J. K. (2019). Testing the Tripartite Influence Model among heterosexual, bisexual, and lesbian women. *Body Image*, 30, 145–149. <https://doi.org/10.1016/j.bodyim.2019.07.001>
21. Gorrell, S., **Schaumberg, K.**, Boswell, J. F., Hormes, J. M., & Anderson, D. A. (2021). Female Athlete Body Project Intervention with Professional Dancers: A Pilot Trial. *Eating Disorders*, 29(1), 56–73. <https://doi.org/10.1080/10640266.2019.1632592>

22. **Schaumberg, K.**, Zerwas, S., Goodman, E., Yilmaz, Z., Bulik, C. M., & Micali, N. (2019). Anxiety disorder symptoms at age 10 predict eating disorder symptoms and diagnoses in adolescence. *Journal of Child Psychology and Psychiatry*, 60(6), 686–696. <https://doi.org/10.1111/jcpp.12984>
23. **Schaumberg, K.**, Jangmo, A., Thornton, L. M., Birgegard, A., Almqvist, C., Norring, C., . . . Bulik, C. M. (2019). Patterns of diagnostic transition in eating disorders: a longitudinal population study in Sweden. *Psychological Medicine*, 49(5), 819-827. <https://doi.org/10.1017/S0033291718001472>
24. Schaefer, L. M., Smith, K. E., Leonard, R., Wetterneck, C., Smith, B., Farrell, N., . . . Thompson, J. K. (2018). Identifying a male clinical cutoff on the Eating Disorder Examination-Questionnaire (EDE-Q). *International Journal of Eating Disorders*, 51(12), 1357-1360. <https://doi.org/10.1002/eat.22972>
25. Gorrell, S., Reilly, E. E., **Schaumberg, K.**, Anderson, L. M., & Donahue, J. M. (2018). Weight suppression and its relation to eating disorder and weight outcomes: a narrative review. *Eating Disorders*, 1-30. <https://doi.org/10.1080/10640266.2018.1499297>
26. **Schaumberg, K.**, Reilly, E. E., Anderson, L. M., Gorrell, S., Wang, S. B., & Sala, M. (2018). Improving prediction of eating-related behavioral outcomes with zero-sensitive regression models. *Appetite*, 129, 252-261. <https://doi.org/10.1016/j.appet.2018.06.030>
27. Schaefer, L. M., Burke, N. L., Anderson, L. M., Thompson, J. K., Heinberg, L. J., Bardone-Cone, A. M., Higgins Neyland, M. K., Frederick, D. A., Kelly, M. C., Anderson, D. A., **Schaumberg, K.**, Nerini, A., Stefanile, C., Dittmar, H., Klump, K. L., Vercellone, A. C., & Paxton, S. J. (2018). Comparing internalization of appearance ideals and appearance-related pressures among women from the United States, Italy, England, and Australia. *Eating and Weight Disorders*. <https://doi.org/10.1007/s40519-018-0544-8>
28. Lantz, E.L., Gaspar, M.S., DiTore, R., Piers, A.D. & **Schaumberg, K.** (2018). Conceptualizing body dissatisfaction in eating disorders within a self-discrepancy framework: A review of the evidence. *Eating and Weight Disorders*, 23(3), 275-291. <https://doi.org/10.1007/s40519-018-0483-4>
29. Kerrigan, S. G., Call, C., **Schaumberg, K.**, Forman, E., & Butryn, M. L. (2018). Associations between change in sedentary behavior and outcome in standard behavioral weight loss treatment. *Translational Behavioral Medicine*, 8(2), 299–304. <https://doi.org/10.1093/tbm/ibx038>
30. **Schaumberg, K.**, Welch, E., Breithaupt, L., Hübel, C., Baker, J. H., Munn-Chernoff, M. A., Yilmaz, Z., Ehrlich, S., Mustelin, L., Ghaderi, A., Hardaway, A. J., Bulik-Sullivan, E. C., Hedman, A. M., Jangmo, A., Nilsson, I., Wiklund, C., Yao, S., Seidel, M., & Bulik, C. M. (2017). The Science Behind the Academy for Eating Disorders' Nine Truths About Eating Disorders. *European Eating Disorders*, 25(6), 432–450. <https://doi.org/10.1002/erv.2553>
31. Baker, J. H., **Schaumberg, K.**, & Munn-Chernoff, M. A. (2017). Genetics of Anorexia Nervosa. *Current Psychiatry Reports*, 19(11), 84. <https://doi.org/10.1007/s11920-017-0842-2>
32. Kilpela, L. S., **Schaumberg, K.**, Hopkins, L. B., & Becker, C. B. (2017). Mechanisms of action during a dissonance-based intervention through 14-month follow-up: The roles of body shame and body surveillance. *Body Image*, 23, 171–175. <https://doi.org/10.1016/j.bodyim.2017.10.003>
33. Reilly, E.E., Anderson, L.M., Gorrell, S.C., **Schaumberg, K.**, & Anderson, D.A. (2017). Expanding exposure-based interventions for eating disorders. *International Journal of Eating Disorders*, 50, 1137-1141. <https://doi.org/10.1002/eat.22761>
34. Butryn, M.L., Forman, E.M., Lowe, M.R., Gorin, A., Zhang, F., & **Schaumberg, K.** (2017). Efficacy of environmental and acceptance-based enhancements to behavioral weight loss treatment: The ENACT Trial. *Obesity*, 25, 866-872. <https://doi.org/10.1002/oby.21813>
35. **Schaumberg, K.** & Anderson, D.A. (2016). Dietary restraint and weight loss as risk factors for eating pathology. *Eating Behaviors*, 23, 97-103. <https://doi.org/10.1016/j.eatbeh.2016.08.009>
36. Rosenbaum, D.L., Schumacher, L.M., **Schaumberg, K.**, Piers, A.D., Gaspar, M., Lowe, M.R., Forman, E.M., & Butryn, M.L. (2016). Calorie highs and lows: how much does consistency matter in weight control? *Clinical Obesity*, 6, 193-201. <https://doi.org/10.1111/cob.12142>
37. **Schaumberg, K.**, Schumacher, L. M., Rosenbaum, D. L., Kase, C. A., Piers, A. D., Lowe, M. R., Forman, E. M., & Butryn, M. L. (2016). The role of negative reinforcement eating expectancies in the relation between experiential avoidance and disinhibition. *Eating behaviors*, 21, 129–134. <https://doi.org/10.1016/j.eatbeh.2016.01.003>
38. Kase, C.A., Piers, A.D., **Schaumberg, K.**, Forman, E.M., & Butryn, M.L. (2016). The relationship of alcohol use to weight loss in the context of behavioral weight loss treatment. *Appetite*, 99, 105-111. <https://doi.org/10.1016/j.appet.2016.01.014>
39. **Schaumberg, K.**, Anderson, D.A., Anderson, L.M., Reilly, E. E., & Gorrell, S.C. (2016). Dietary restraint: What's the harm? A review of the relationship between dietary restraint, weight trajectory, and the development of eating pathology. *Clinical Obesity*, 6, 89-100. <https://doi.org/10.1111/cob.12134>

40. Anderson, L. M., Reilly, E. E., Gorrell, S.C., **Schaumberg, K.**, & Anderson, D. A. Gender-based differential item functioning in the Difficulties in Emotion Regulation Scale. (2016). *Personality and Individual Differences*. 92, 87-91. <https://doi.org/10.1016/j.paid.2015.12.016>
41. **Schaumberg, K.**, Anderson, L.M., Reilly, E.E., Dmochowski, S.C., Anderson, D.A., & Earleywine, M. (2016). Considering alternative calculations of weight suppression. *Eating Behaviors*, 20, 57-63. <https://doi.org/10.1016/j.eatbeh.2015.11.003>
42. Kerrigan, S., **Schaumberg, K.**, Kase, C.A, Gaspar, M.E, Forman, E.M., & Butryn, M.L. (2016) From last supper to self-initiated weight loss: Pre-treatment weight change may be more important than previously thought. *Obesity*, 24, 843-849. <https://doi.org/10.1002/oby.21423>
43. Anderson, L. M., **Schaumberg, K.**, Anderson, D. A., & Kirschenbaum, D. S. (2016). Participation as a leader in immersion weight loss treatment: a 1-year follow-up study. *Clinical Obesity*, 6, 51-60. <https://doi.org/10.1111/cob.12126>
44. Reilly, E., Dmochowski, S.C., **Schaumberg, K.**, Earleywine, M., & Anderson, D. A. (2015). Gender-moderated links between urgency, binge drinking, and excessive exercise. *Journal of American College Health*, 64, 104-111. <https://doi.org/10.1080/07448481.2015.1085056>
45. Anderson, L.M., Reilly, E. E., **Schaumberg, K.**, Dmochowski, S.C., & Anderson, D.A. (2015). Contributions of mindful eating, intuitive eating, and restraint to BMI, disordered eating, and meal consumption in college students. *Eating and Weight Disorders – Studies on Anorexia, Bulimia and Obesity*. 1-8. <https://doi.org/10.1007/s40519-015-0210-3>
46. **Schaumberg, K.**, Anderson, D.A., Reilly, E.E., & Anderson, L.M. (2015). Does short-term fasting promote pathological eating patterns? *Eating Behaviors*, 19, 168-172. <https://doi.org/10.1016/j.eatbeh.2015.09.005>
47. Anderson, D. A. **Schaumberg, K.**, Anderson, L.M., Reilly, E. (2015). Is level of intuitive eating associated with plate and portion size effects? *Eating Behaviors*, 18, 125-130. <https://doi.org/10.1016/j.eatbeh.2015.05.005>
48. **Schaumberg, K.** Anderson, D.A., Kirschenbaum, D.S., & Earleywine, M. (2015). Participation as a leader in immersion weight loss treatment may benefit, not harm, healthy young adults. *Clinical Obesity*, 5, 226-235. <https://doi.org/10.1111/cob.12106>
49. **Schaumberg, K.** Mota, N.P., Dixon, L., Sippel, L., Jackson, M., Vinci, C., . . . Coffey, S.F. (2015). The Paper Chase: Reflections on an exercise in collaborative scientific writing. *the Behavior Therapist*, 38, 43-47. <http://www.abct.org/docs/PastIssue/38n2.pdf>
50. Mota, N.P., **Schaumberg, K.**, Vinci, C., Sippel, L.M., Jackson, M., Schumacher, J. A., Coffey, S.F. (2015). Vividness ratings during exposure treatment for posttraumatic stress disorder as a predictor of treatment outcome. *Behavior Research and Therapy*, 69, 22-28.
51. **Schaumberg, K.** Vinci, C., Raiker, J.S., Mota, N.P., Jackson, M., Whalen, D., . . . Coffey, S.F. (2015). PTSD-related alcohol expectancies and impulsivity interact to predict alcohol use severity in a substance dependent sample with PTSD. *Addictive Behaviors*, 51, 41-45. <https://doi.org/10.1016/j.addbeh.2014.09.022>.
52. Schaefer, L. M., Burke, N. L., Thompson, J. K., Dedrick, R. F., Heinberg, L. J., Calogero, R. M., . . . Swami, V. (2014). Development and Validation of the Sociocultural Attitudes Towards Appearance Questionnaire-4 (SATAQ-4). *Psychological Assessment*. <https://doi.org/10.1037/a0037917>
53. **Schaumberg, K.**, Anderson, L.M., Reilly, E., & Anderson, D.A. (2014). Patterns of compensatory behaviors and disordered eating in college students. *Journal of American College Health*. <https://doi.org/10.1080/07448481.2014.930468>
54. Reilly, E., Anderson, L.M., **Schaumberg, K.**, & Anderson, D.A. (2014). Gender-based differential item functioning in common measures of body dissatisfaction. *Body Image*. 11, 206-209. <https://doi.org/10.1016/j.bodyim.2014.02.001>
55. **Schaumberg, K.** & Anderson, D. A. (2014). Does short-term fasting promote changes in state body image? *Body Image*. 11, 167-170. <https://doi.org/10.1016/j.bodyim.2014.01.005>
56. Kuerbis, A. N., **Schaumberg, K.**, Davis, C. M., Hail, L., & Morgenstern, J. (2014). Unpacking personalized feedback: An exploratory study of the impact of its components and the reactions it elicits among problem drinking men who have sex with men. *Substance Use and Misuse*. 49, 383-394. <https://doi.org/10.3109/10826084.2013.841247>
57. **Schaumberg, K.**, & Earleywine, M. (2013). Evaluating the acquired preparedness model for bulimic symptoms and problem drinking in male and female college students. *Eating Behaviors*, 14, 47-52. <https://doi.org/10.1016/j.eatbeh.2012.10.012>
58. **Schaumberg, K.**, Kuerbis, A. N., Morgenstern, J., & Muench, F. (2013). Attributions of change and self-efficacy in a randomized controlled trial of medication and psychotherapy for problem drinking. *Behavior Therapy*, 44, 88-99. <https://doi.org/10.1016/j.beth.2012.07.001>

59. Becker, C. B., Bull, S., **Schaumberg, K.**, Cauble, A., & Franco, A. (2008). Effectiveness of peer-led eating disorders prevention: A replication trial. *Journal of Consulting and Clinical Psychology*, 76, 347-54. <https://doi.org/10.1037/0022-006X.76.2.347>
60. Becker, C. B., Darius, E., & **Schaumberg, K.** (2007). An analog study of patient preferences for exposure versus alternative treatments for posttraumatic stress disorder. *Behaviour Research and Therapy*, 45, 2861-73. <https://doi.org/10.1016/j.brat.2007.05.00>

### **MANUSCRIPTS INVITED FOR RESUBMISSION**

1. Pictor, L., Laboe, A., Gavuji, M., Dillon, K., Frank, M., & **Schaumberg, K.** A pilot randomized trial of the Body Advocacy Movement: A novel, dissonance-based intervention designed to target fear of weight gain and anti-fat bias in young adults.

### **MANUSCRIPTS UNDER INITIAL REVIEW**

#### **BOOK CHAPTERS**

1. **Schaumberg, K.**, Pictor, L., & Frank, M. (In Press). Adaptive and maladaptive exercise in eating disorders. In Cisler, J.M., Adams, T., & Crombie, K. (Eds). *Current topics in Behavioral Neuroscience: Exercise in Mental Health*.
2. **Schaumberg, K.**, Pictor, L., Frank, M., & Gorrell, S.C. (In Press). Exercise in eating disorders. In C. Wierenga & J. Steinglass (Eds.). *Handbook of Neurobiology and Eating Disorders*.
3. Anderson, D. A., **Schaumberg, K.**, Reilly, E. E. & Anderson, L. M. (2015). Research tools for assessing eating disorders. In M. Levine & L. Smolak (Eds.) *The Wiley-Blackwell Handbook of Eating Disorders (2<sup>nd</sup> Ed.)*. New York: John Wiley & Sons, Ltd

### **OPEN ACCESS PREPRINTS AND PREREGISTRATIONS**

1. Clarifying exercise-related risk among women with eating disorders. *Open Science Framework*. <https://osf.io/f28zw>
2. **Schaumberg, K.**, Reilly, E. E., Gorrell, S., Anderson, D. A., & Anderson, L. M. (2020). The Impact of Default Options and Reinforcement Ratios on Food Choice. *PsyArXiv*. <https://doi.org/10.31234/osf.io/puv6q>
3. Yilmaz Z, **Schaumberg K**, Halvorsen M, Goodman EL, Brosos LC, Crowley JJ, Anorexia Nervosa Genetics Initiative; Eating Disorders Working Group of the Psychiatric Genomics Consortium, Tourette Syndrome/Obsessive-Compulsive Disorder Working Group of the Psychiatric Genomics Consortium; Mathews C, Mattheisen M, Breen G, Bulik CM, Micali N, Zerwas SC. (2020). Predicting eating disorder and anxiety symptoms using anorexia nervosa and obsessive-compulsive disorder polygenic scores. medRxiv 2020.07.02.20142844; <https://doi.org/10.1101/2020.07.02.20142844>

## **PRESENTATIONS**

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### **PAPER PRESENTATIONS AND SYMPOSIA**

1. **Schaumberg, K.**, Pictor, L., & Frank, M. (2023). *The Body Advocacy Movement: A novel intervention to reduce fear of weight gain in young adults*. Association for Behavioral and Cognitive Therapies, Seattle, WA.
2. **Schaumberg, K.** (2023). *Understanding acute exercise response among girls and young women with and without eating disorders*. Eating Disorders Research Society, Boston, MA.
3. **Schaumberg, K.** (2022). *Scorekeeper: A data cleaning package for reproducible, algorithmic scoring*. Association for Behavioral and Cognitive Therapies, NY, NY.
4. **Schaumberg, K.**, Anderson, L.M., Gorrell, S., Haynos, A.F., & Brown, T. (2022) *Advancing the next generation of eating disorder research by facilitating early career collaboration, harmonization, and open science*. Eating Disorders Research Society, Philadelphia, PA.
5. Micali N, **Schaumberg K**, Szatkiewicz J, Bulik C., Gottfredson N. (2022). *Longitudinal trajectories of internalising and eating disorder behaviours*. International Conference on Eating Disorders.
6. **Schaumberg, K.**, Robinson, L., Hochman, A., Micali, N. (2022). *Prospective associations between driven exercise and other eating disorder behaviors in adolescence: A longitudinal cohort study*. London Conference on Eating Disorders.
7. **Schaumberg, K.**, Yilmaz, Z., Bulik, C.M., & Micali, N. (2020). *Exploring the genetic architecture of anorexia nervosa: Defining the genomic factor structure of anxiety-related and anthropometric traits*. 26<sup>th</sup> annual meeting for the Eating Disorders Research Society.

8. Reilly, E., Levinson, C., Gorrell, S., Brown, T., & **Schaumberg, K.** (2019). *To Approach, Avoid, or Both? Towards an Improved Characterization of Positive and Negative Valence Systems in Eating Disorders*. Role: Discussant. Association for Behavioral and Cognitive Therapies, Atlanta, GA.
9. Baker, J., Yilmaz, Z., Thornton, L.M., Zerwas, S.C., **Schaumberg, K.**, Fernandez-Aranda, F., ... Bulik, C. (2019). *Polygenic risk scores of temperament: Associations with temperament in anorexia nervosa*. 49<sup>th</sup> annual meeting of the Behavior Genetics Association.
10. **Schaumberg, K.**, Brosiof, L., Llyod, C., Zerwas, S.C., & Micali, N. (2019). *Childhood neuropsychological predictors of eating disorder symptoms and diagnoses in adolescence*. International Conference on Eating Disorders, New York, NY.
11. Scharmer, C., Gorrell, S., **Schaumberg, K.**, Iles, B. R., Anderson, D. A. (2019). *Compulsive Exercise or Exercise Dependence? An Examination of the Associations Between Two Models of Maladaptive Exercise and Eating Disorder Pathology*. International Conference on Eating Disorders, New York, NY.
12. Baker, J., Yilmaz, Z., Thornton, L., Zerwas, L., **Schaumberg, K.**, Fernandez-Aranda, F., Jimenez-Murcia, S., Karwautz, A., Mitchell, K., Eating Disorders Working Group of the Psychiatric Genomics Consortium, Bulik, C. (2018). *Shared genetic association between anorexia nervosa and temperament*. International Conference on Eating Disorders, Chicago, IL
13. Gorrell, S., Anderson, D. A., Boswell, J., Hormes, J., & **Schaumberg, K.** (2018). *Female athlete body project intervention with professional dancers*. International Conference on Eating Disorders, Chicago, IL
14. Zerwas, S., Yilmaz, Z., Crowley, J., **Schaumberg, K.**, Halvorsen, M., Breen, G., Bulik, C. M., Micali, N. (2017). *Anorexia nervosa and obsessive compulsive disorder polygenic risk score. Associations with adolescent eating disorder phenotypes*. World Congress of Psychiatric Genetics, Orlando, FL
15. **Schaumberg, K.**, Zerwas, S. C., Crowley, J. J., Yilmaz, Z., & Micali, N. (2017). *Childhood anxiety disorders predict adolescent eating disorders in a large birth cohort*. XXIIIrd meeting of the Eating Disorders Research Society, Leipzig, Germany.
16. Reilly, E. E., Anderson, L. M., **Schaumberg, K.**, & Anderson, D. A. (2017). Evaluating the utility of subtyping male undergraduates along dietary restraint and negative affectivity. In E. E. Reilly & M. D. Jones (Chairs). *Alternative Classification System within Eating Disorders: Insights from Innovative Methodological Investigations*. 51<sup>st</sup> meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
17. **Schaumberg, K.**, Reilly, E., Anderson, L.M., & Gorrell, S. (2016). *When your distributions are a diSTATSter: Exploring the utility of zero-inflated regression models in eating disorder clinical research*. International Conference on Eating Disorders. San Francisco, CA.
18. Reilly, E.E., Gorrell, S.C., Anderson, L.M., **Schaumberg, K.**, Murray, H.B., Donahue, J., Anderson, D.A., & Earleywine, M. (2016). *Back from the edge: Transforming skew of pathology-related variables: The example of binge eating*. International Conference on Eating Disorders. San Francisco, CA.
19. **Schaumberg, K.**, Flanagan, J., Roemer, L., Orsillo, S., Pantelone, D. & Block-Lerner, J. (2015) *Innovative approaches to collaborative scientific writing*. 49th annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
20. **Schaumberg, K.**, Anderson, L. M., Reilly, E. E., Dmochowski, S., Anderson, D. A., & Earleywine, M. (2015). *Considering alternative calculations of weight suppression*. 49th annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
21. Kerrigan, S.G., Kase, C., **Schaumberg, K.**, Forman, E., Lowe, M., & Butryn, M.L. (2015). *Who gains weight before behavioral weight loss treatment and what are implications for treatment success?* 36<sup>th</sup> annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
22. Anderson, L.M., **Schaumberg, K.**, Anderson, D.A., & Kirschenbaum, D. (2014). *Can participation as a leader in immersion weight loss treatment produce beneficial, long-lasting effects for healthy young adults one year later?* International Conference on Eating Disorders, New York, NY.
23. Becker, C. B., Bull, S., Cauble, A., **Schaumberg, K.**, & Franco, A. (2007). *Peer-led sorority eating disorders prevention: A large scale randomized effectiveness trial*. 41<sup>st</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA

### POSTER PRESENTATIONS

1. **Schaumberg, K.**, Lowe, M.R., Zhang, F., & Micali, N. (2023). *Deviation from expected body mass index is associated with eating disorder behaviors in youth*. Eating Disorders Research Society, Boston, MA.
2. Laboe, A., Pictor, L., Kreyenin, A., Frank, M., & **Schaumberg, K.** (2023). *A Longitudinal Investigation of Maladaptive Exercise in Adolescents with Restrictive Eating*. Eating Disorders Research Society. Boston, MA.

3. Pictor, L. & **Schaumberg, K.** (2023) *Exploring Dissonance-based interventions and gender Identity: Implications for eating disorder risk factors*. Eating Disorders Research Society, Boston, MA.
4. Pictor, L., Krawczyk, A., Xue, T., & **Schaumberg, K.** (2023). *Body Advocacy Movement: A Novel, Brief Intervention to Reduce Internalized Fatphobia and Anti-Fat Bias*. International Conference on Eating Disorders, Washington D.C.
5. Krenyin, A., Muerer, T., Frank, M., **Schaumberg, K.** (2023). *Evaluating the acceptability and feasibility of a weight-stigma reduction intervention among health professional students*. American Public Health Association, Atlanta, GA.
6. Laboe, A.A., Frank, M., **Schaumberg, K.** (2023). An empirical investigation of the affect regulation theory of compulsive exercise. Wisconsin Symposium on Emotion. Madison, WI.
7. Anderson, L.M., Michel, S., **Schaumberg, K.** (2022). *Clarifying the 'icky' factor: A preliminary investigation of food disgust in adults with restrictive eating disorders*. Eating Disorders Research Society, Philadelphia, PA.
8. Schaefer, L. M., Hazzard, V. M., **Schaumberg, K.**, Bardone-Cone, A. M., Frederick, D. A., Klump, K. L., Anderson, D. A., & Thompson, J. K. (2018). *Appearance ideal internalization, appearance pressures, and eating disorder pathology among heterosexual, bisexual, and lesbian women*. Eating Disorder Research Society, Sydney, Australia.
9. Brosorf, L.C., Levinson, C.A., Forbush, K. T., Goodman, E., **Schaumberg, K.**, Bulik, C., Micali, N., Zerwas, S. (2018). *Purging is a bridge symptom in a network model of eating disorder and obsessive-compulsive symptoms*. International Conference on Eating Disorders, Chicago, IL.
10. Remmert J.E., Rosenbaum D.L., **Schaumberg K.**, Forman E., Butryn M.L. (2016). *Driven to learn: Behavioral drive predicts acquisition of food-related acceptance and willingness skills in a behavioral weight loss intervention*. 50<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
11. Schaefer, L.M., Choquette, E., Heinberg, L.J., Guarda, A., **Schaumberg, K.**, Anderson, D.A., & Thompson, K. (2016). *Validation of the sociocultural attitudes towards appearance questionnaire-4 (SATAQ-4) in a clinical sample and comparison with a college sample*. Eating Disorders Research Society, New York, NY
12. Hopkins, L. B., Kilpela, L. S., **Schaumberg, K.**, & Becker, C. B. (2016). *Cross-sectional and longitudinal examination of the role of body shame in objectification theory*. 22<sup>nd</sup> Annual Meeting of the Eating Disorders Research Society, New York, NY.
13. Kerrigan., S.G., Call, C., **Schaumberg, K.**, Forman, E.M., Butryn, M.L. (2016). *Changes in sedentary behavior during a behavioral weight loss program*. European Obesity Summit, Gothenburg, Sweden.
14. Schumacher, L. M., **Schaumberg, K.**, Rosenbaum, D. L., Piers, A., Kase, C., Forman, E. M., Lowe, M. R., & Butryn, M. L. (2015). *Negative reinforcement eating expectancies mediate the relation between experiential avoidance and eating-related disinhibition among obese, treatment-seeking adults*. 49<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL
15. **Schaumberg, K.**, Butryn, M.L., Lowe, M., Gorin, A.A., & Forman, E. (2015). *Power of Food Moderates the Relationship between an Obesogenic Home Environment and Caloric Intake*. 36<sup>th</sup> annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
16. Wyckoff, E., Schumacher, L., Manasse, S., **Schaumberg, K.**, Forman, E., Butryn, M., Lowe, M. (2015). *An examination of weight suppression as a predictor of outcomes in behavioral weight loss treatment*. 36<sup>th</sup> annual meeting of the Society of Behavioral Medicine, San Antonio, TX.
17. Kase, C., Piers, A.D., **Schaumberg, K.**, Forman, E.M., & Butryn, M.L. (2015). *Alcohol use, disinhibition, and treatment outcome in overweight and obese adults*. International Conference on Eating Disorders, Boston, MA.
18. Knauf, L.E., **Schaumberg, K.**, & Anderson, D.A. (2014). *Negative affect moderates the relation between dietary restraint and bulimic symptoms in undergraduate men*. Association for Behavioral and Cognitive Therapies. Philadelphia, PA.
19. Dmochowski, S., Reilly, E.E., **Schaumberg, K.**, Earleywine, M., & Anderson, D.A. (2014). *Gender differences in the relation among urgency, binge drinking, and excessive exercise*. Association for Behavioral and Cognitive Therapies. Philadelphia, PA.
20. Anderson, L.M., Reilly, E.E., **Schaumberg, K.**, Dmochowski, S., & Anderson, D.A. (2014). *Mindful eating, intuitive eating, and low dietary restraint: What's the difference?* Association for Behavioral and Cognitive Therapies. Philadelphia, PA.
21. Reilly, E.E., Anderson, D.A., Anderson, L.M., Dmochowski, S.C., **Schaumberg, K.**, Knauf, L.E. (2014). *The relation of EDI personality subscales to binge-purge status in a college sample*. Eating Disorders Research Society, San Diego, CA.



22. Anderson, L.M., Anderson, D.A., Reilly, E.E., Dmochowski, S.C., **Schaumberg, K.**, & Knauf, L.E. (2014). *Gender-specific relationships between teasing history and body dissatisfaction*. Eating Disorders Research Society, San Diego, CA.
23. Anderson, D. A., Dmochowski, M.A., Reilly, E.E., Anderson, L.M., **Schaumberg, K.**, & Knauf, L.E. (2014). *Evaluating the interaction of weight suppression and BMI associated with eating disorder symptoms in college students*. Eating Disorders Research Society, San Diego, CA.
24. Anderson, L. M., Reilly, E. E, **Schaumberg, K.**, & Anderson, D. A. (2014). *Body Dissatisfaction in Runners as a Function of Appearance Vs. Sport Performance Concerns*. 20<sup>th</sup> annual International Conference on Eating Disorders, New York, NY.
25. **Schaumberg, K.**, Anderson, D.A., Anderson, L.M., & Reilly, E. (2014). *The relationship between clinically high shape and weight concern and eating disorders in college students*. International Conference on Eating Disorders, New York, NY.
26. **Schaumberg, K.** Anderson, D. A., Kirschenbaum, D., & Earleywine, M. (2013). *Participation as a leader in immersion weight loss treatment may produce beneficial effects for healthy young adults*. 47<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
27. Anderson, D. A., **Schaumberg, K.**, & Anderson, L.M. (2013). *Comparing the transdiagnostic model and the cognitive behavioral model of eating disorders in college students*. 47<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
28. Schaefer, L. M., Burke, N. L., Thompson, J. K., Heinberg, L. J., Calogero, R. M., Klump, K. L., Vercellone, A. C., Anderson, D. A, **Schaumberg, K.**, & Frederick, D. A. (2013). *Sociocultural Attitudes Towards Appearance Questionnaire-4 (SATAQ-4): Validation in college males*. 19<sup>th</sup> annual Eating Disorder Research Society Meeting, Bethesda, MD.
29. Anderson, D. A., Reilly, E., Anderson, L. M., & **Schaumberg, K.** (2013). *Differential item functioning between men and women on common measures of body dissatisfaction*. 19<sup>th</sup> annual meeting of the Eating Disorders Research Society, Bethesda, MD.
30. Anderson, D. A., **Schaumberg, K.** Anderson, L. M., & Reilly, E. (2013). *Evaluating the severity of eating pathology associated with excessive exercise in college students*. 19<sup>th</sup> annual meeting of the Eating Disorders Research Society, Bethesda, MD.
31. **Schaumberg, K.** & Anderson, D. A. (2013). *Does short-term fasting promote changes in state body image?* International Conference on Eating Disorders, Montreal, QC, Canada.
32. **Schaumberg, K.**, & Anderson, D. A. (2012). *Gender moderates the relationship between expectancies and bulimic symptoms*. 46<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, Maryland.
33. Greenwood, C., Anderson, D.A., & **Schaumberg, K.** (2012). *Marijuana use affects dietary intake in college students*. 46<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, Maryland.
34. Anderson, D.A., & **Schaumberg, K.** (2012). *A behavioral economic analysis of food choice after fasting*. 46<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, Maryland.
35. Anderson, D. A., & **Schaumberg, K.** (2012). *Are intuitive eaters less sensitive to variations in portion size?* International Conference on Eating Disorders, Austin, Texas.
36. Anderson, D. A., & **Schaumberg, K.** (2012). *Does short-term fasting predict binge eating?* International Conference on Eating Disorders, Austin, Texas.
37. Anderson, D. A., & **Schaumberg, K.** (2011). *Subscales of the three-factor eating questionnaire predict binge eating and purging*. 17<sup>th</sup> annual meeting of the Eating Disorders Research Society, Edinburgh, Scotland.
38. Anderson, D. A., & **Schaumberg, K.** (2011). *A behavioral economic analysis of food choice in college students*. 17<sup>th</sup> annual meeting of the Eating Disorders Research Society, Edinburgh, Scotland.
39. Anderson, D.A., Murray, A.D., & **Schaumberg, K.** (2010). *A comparison of the weight loss and health at every size paradigms*. 44<sup>th</sup> Annual of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
40. Kuerbis, A. N., **Schaumberg, K.**, Hagman, B. T., Heidinger, B. E., Wolf, F. L., Morgenstern, J. (2009). *Severity of personal feedback as a mediator of moderated drinking among men-who-have-sex-with-men*. 32<sup>nd</sup> Meeting of the Research Society on Alcoholism, San Diego, CA.
41. Hagman, B. T., Morgenstern, J., Kuerbis, A.N., Heidinger, B., Zilberman, S., & **Schaumberg, K.** (2009). *Correspondence between interactive voice response and timeline follow-back self-reports of risky sexual behavior among men-who-have-sex-with-men*. 137<sup>th</sup> meeting of the American Public Health Association, Philadelphia, PA.

42. **Schaumberg, K.**, Bux, D. A., Morgenstern, J., & Kuerbis, A. N. (2008). *Attributions of change in a trial of combined medication and cognitive behavioral therapy for moderation of problem drinking*. 42<sup>nd</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
43. Becker, C.B., **Schaumberg, K.**, Mallett, J., Hay, L., & Williams, A. (2007). *A randomized pilot trial of peer-led healthy weight eating disorders prevention*. 13<sup>th</sup> Annual Meeting of the Eating Disorder Research Society, Pittsburgh, PA.
44. **Schaumberg, K.**, Mallett, J., Hay, L., Williams, A., & Becker, C.B. (2007). *Peer-facilitated eating disorder prevention in sororities: A comparison of dissonance and healthy weight*. presented at Our Lady of the Lake University psychology conference, San Antonio, TX.
45. Becker, C. B., Darius, E., **Schaumberg, K.**, & Robinson, F. (2006). *Exposure versus my therapy buddy: An analogue study of patient preferences for empirically supported and pseudoscientific treatments for PTSD*. 40<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
46. Becker, C.B., Bull, S., Cauble, A., **Schaumberg, K.**, Gillespie, S., Byrd, H., & Carter, J. (2006). *A pilot open trial of dissonance eating disorders prevention in a national sorority*. 40<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

## **TEACHING AND MENTORSHIP**

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### **RESEARCH MENTORSHIP**

<b>Primary Mentor</b>	2023-present
Agatha Laboe – PhD Student, Clinical Psychology (UW – Madison)	
<b>Dissertation &amp; Thesis Committees</b>	
Sasha Gorrell (University at Albany)	2018
Ross Nedoma (University College London)	2018
Kathryn Kay (University College London)	2018
Brianne Richson (University of Kansas)	2020
Christine Call (Drexel University)	2020
Olivia Wons (Drexel University)	2021
Elizabeth Lampe (Drexel University)	2022
<b>Research Mentor and Supervisor</b>	2021-present
UW Shapiro Summer Scholars Program Medical Student Research	
Anna Krenyin (2023), Michaela Blakeslee (2023), Tess Muerer (2022), Stephanie Pham (2022), Erin Bowdin (2021), Sabrina Fleege (2021)	
<b>Instructor: Medical Student Research Elective (814)</b>	2020
University of Wisconsin School of Medicine and Public Health	
<b>Instructor: Psychology 699 – Laboratory Research</b>	2019-present
University of Wisconsin	

### **CLINICAL TEACHING**

<b>Clinical Supervisor and Rotation Director: Eating Disorders Rotation</b>	2020-present
UW Clinical Psychology Internship	
<b>Psychotherapy Supervision (weekly)</b>	2019-present
PGY-3/PGY-4 residents	
<b>Chronic and Preventative Care Psychiatry Small Group Sessions (4x/year – annual)</b>	2018-present
Medical Students	
University of Wisconsin School of Medicine and Public Health	
<b>The 9 Truths about Eating Disorders (3-week lecture series - annual)</b>	2018-present
Clinical Psychology Trainees	
Child Psychiatry Fellows	
Department of Psychiatry – University of Wisconsin	
<b>Eating Disorders</b>	2018
Video Lecture	
University of Wisconsin School of Medicine and Public Health	

<b>Clinical Supervision of Acceptance-Based Behavioral Therapy for Weight Loss</b>	2014-2016
<b>Clinical Supervision of Behavioral Weight Loss Treatment</b>	2014-2016

### CLASSROOM INSTRUCTION

#### **Instructor of Record**

PHS 630: Rigor and Reproducibility in Social, Behavioral, and Population Health Sciences 2023  
University of Wisconsin

PSY 828: Eating and Weight Disorders 2016  
Drexel University

PSY 356: Women's Health Psychology 2015  
Drexel University

APSY 338: Abnormal Psychology 2012  
University at Albany, State University of New York

#### **Unit Instructor**

Research Methods for Psychiatry Residents (6 weeks) 2022, 2023

#### **Teacher**

Institute for Reading Development 2010

### CLINICAL EXPERIENCE

**Licensed Psychologist** 2016-present  
Wisconsin, License #3574 – 57 2018-present  
North Carolina, License #5045 2016-2018

**Eating Disorders Outpatient Psychologist** 2018-present  
Wisconsin Psychiatric Institute and Clinic

**Master Trainer, Dissonance Eating Disorder Prevention** 2017-2021  
**R01MH112443 (PI: Stice)**  
Implementation support for prevention program delivery by college peer educators

**Outpatient Psychologist** 2016-2018  
Center of Excellence for Eating Disorders  
University of North Carolina

**Research Therapist** 2014-2016  
Laboratory for Innovations in Health-Related Behavior Change  
Drexel University

**Clinical Psychology Resident** 2013-2014  
University of Mississippi Medical Center  
G.V. (Sonny) Montgomery Veterans Affairs Medical Center

### PROFESSIONAL DEVELOPMENT AND SPECIALIZED TRAINING

**K01 Training Courses** 2020-present

International Statistical Genetics Workshop  
GitHub for Data Analysis  
Data Wrangling with R  
Longitudinal Structural Equation Modeling  
Building Web Apps with R Shiny  
Design and Analysis of Simulation Studies  
Data Visualization  
Latent Class/Cluster Analysis and Mixture Modeling  
Missing Data Analysis

**Computing for Data Science and Statistics** 2021  
Semester graduate-level course on statistical coding and data management in Python

**Statistical Genetics** 2020  
Semester graduate-level course on statistical genetic methodology

## Genetic Epidemiology

2019

Semester graduate-level course on genetic epidemiology

**Statistical skills:** R/RStudio, Python, MPlus; Git/GitHub

## SERVICE

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**Data Safety Monitoring Board Member** 2023-present  
University of Wisconsin

**Ad Hoc Reviewer** 2021, 2023  
NIH Study Sections (APDA)

**Gene X Environment Special Interest Group (SIG) Co-Chair** 2019-2023  
Academy for Eating Disorders

**Faculty Advisor**  
Body Advocacy Movement Student Organization, University of Wisconsin 2020-present  
Size Inclusivity in Medicine Student Organization, University of Wisconsin 2023-present

**Editorial Board Member** 2017-present  
Eating Disorders: Journal of Treatment and Prevention

**Program Committee Member**  
London Eating Disorders Conference 2022-present

**Embody Carolina** 2016-2018  
University of North Carolina at Chapel Hill Chapel Hill, NC  
Professional consultation during student led workshops (2x/year) on eating disorder risk

**Ad Hoc Reviewer**  
*Psychological Medicine, Body Image, International Journal of Eating Disorders, The American Journal on Addictions, Journal of Contextual and Behavioral Sciences, Frontiers in Psychology, Eating Behaviors, Psychiatry Research, Addiction Research and Theory, European Eating Disorders Review, Behavior Therapy, PloS One, Appetite*

## MEDIA AND OUTREACH

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**Embark Lab** 2019-present  
@embarklab on Instagram and X/Twitter

**Staff Contributor** 2016-2018  
Exchanges – Blog of the UNC Center of Excellence for Eating Disorders  
<https://uncexchanges.org>

**New Plates Podcast: Episode 24** 2017  
Nine Truths about Eating Disorders and the Supporting Facts  
<http://www.circummensam.com/new-plates-podcast.html>

## PROFESSIONAL AFFILIATIONS

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**Eating Disorders Research Society** 2019-present  
**Association for Contextual and Behavioral Science** 2014-present  
**Academy for Eating Disorders** 2007-present  
**Association for Behavioral and Cognitive Therapies** 2006-present